



THUNDER ON THE MOUNTAIN

WHEN WAGING WAR ON AVALANCHES, PARKS CANADA AND THE ARMED FORCES CALL IN THE BIG GUNS — LITERALLY

PAGES 10 & 11

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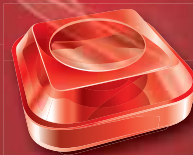
Thursday, January 31, 2013



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Say goodbye to Research in Motion, hello to BlackBerry



BlackBerry chief executive officer Thorsten Heins displays the new BlackBerry 10 smartphones at the launch of the device on Wednesday in New York City. The new smartphone and mobile-operating system were launched in six cities. MARIO TAMA/GETTY IMAGES

Sweet new berry?

Halifax residents weigh in on latest smartphone

The new BlackBerry has been unveiled amid much hype and speculation — but whether Halifax residents will line up to get one next week remains to be seen.

"I'm an avid Apple user, because it's way easier and more intuitive," said Alyson Sanders, 27, on Spring Garden Road hours after the splashy event introducing the BlackBerry10 to the world.

The new smartphone comes with a list of features targeted at the multitasking social-media user on the go, with the Hub and Balance systems helping keep work and personal uses separate.

Although Sanders said she wouldn't ditch her iPhone just yet, she said the revamping of Research in Motion — now known only as BlackBerry — is a good thing and supports the fact they're a Canadian company with a Halifax office.

"I personally won't go (buy it), but I'm happy they might be on the incline," she said.

Quoted

"BlackBerry's are so serious and businesslike."

iPhone devotee Lizzie O'Carroll

Ben Shilleto, a business student at Dalhousie University, said he will stick with his iPhone but recently bought stock in BlackBerry and hopes the Z10 does well.

"I just know it's meant to be the next thing, it's got great reviews so far," he said.

Despite the plethora of options, there are even some Halifax residents staying resolutely off the smartphone bandwagon altogether.

"I have two flip phones. I don't like smartphones because I think my life remains simpler as long as I don't have one," said Hughie Samson, 30.

Samson said he often found himself using the internet on his phone for things he didn't need to do.

"One day I may be forced to get one ... but in the meantime I'm happy to stay away."

HALEY RYAN/METRO

More on the launch of BB10, page 13

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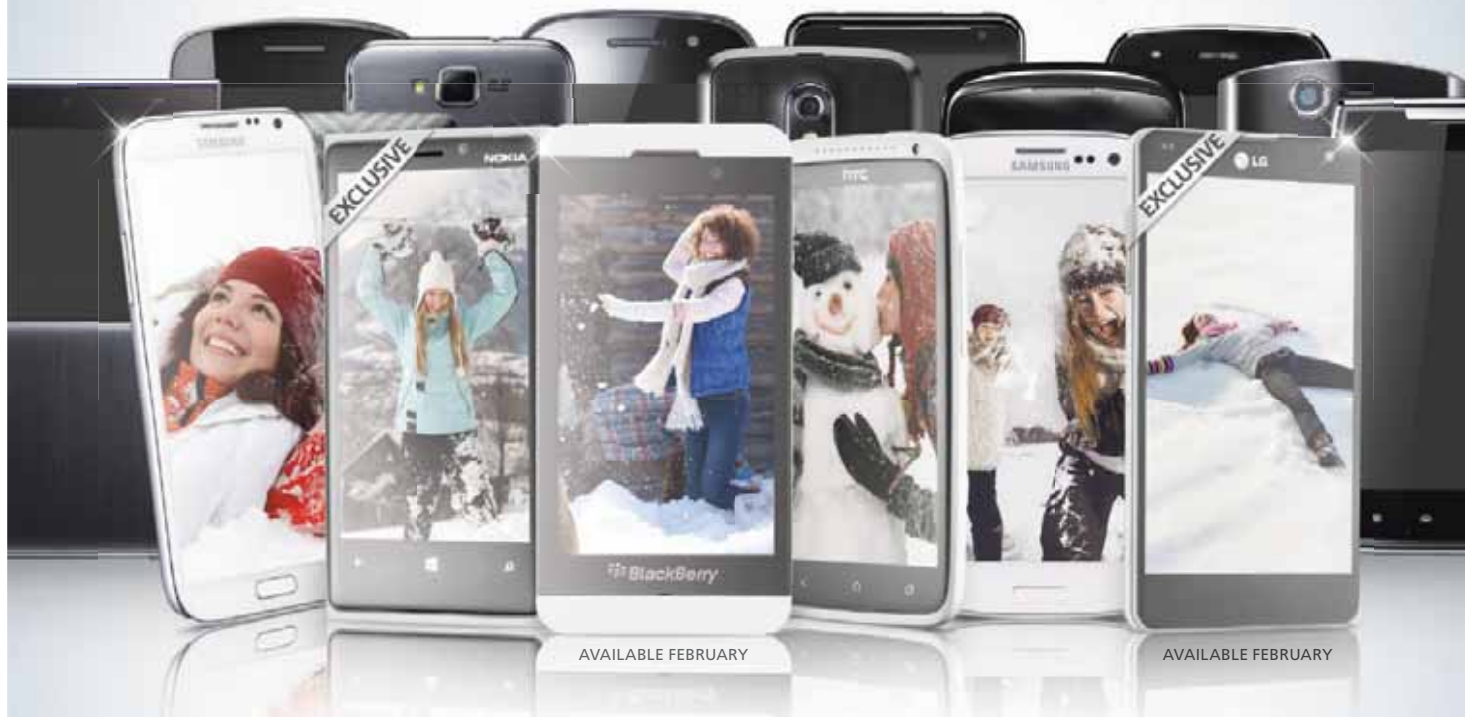
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Waterfront Corp.

New open house to answer questions about Bedford development

The Waterfront Development Corporation will host a new round of open houses in hopes of addressing concerns about the controversial Bedford waterfront project.

Beginning at 7 p.m. Thursday at the Dockside Condominiums, CEO Colin MacLean said he will provide an update on the project's status as HRM completes a study of traffic and service considerations.

"It's about sharing a lot of information. We hope it answers some of the things people have been asking about," MacLean said.

At a community meeting in September, more than 300 people lambasted the proposed development, which includes plans for infilling.

MacLean said that, since the project began in 1988, his company has inherited the plans and it understands many people weren't living in the area during initial consultations.

Regarding the concern there won't be any public space available, MacLean said there is twice as much park space proposed than what is in DeWolf Park.

The scientist who completed the original environmental review for the project will also be on hand to answer questions and explain his findings, MacLean said.

"This is intended to provide a baseline understanding on what's happened for the last 25 years, and what the potential is going forward," MacLean said.

Further open houses are planned for February and March.

HALEY RYAN/METRO

HR. HRM preparing to outsource SAP services to province

The municipality is keeping mum on how outsourcing its human resources and payroll services to the province would affect its employees.

HRM's audit and finance committee directed staff Wednesday to begin the process of outsourcing the management of its SAP services to the provincial government.

Late last year, Nova Scotia announced an untendered deal to contract its SAP computer system to IBM.

Staff said the move would



Coun. Gloria McCluskey METRO FILE

save the municipality about \$340,000 annually.

A staff presentation said outsourcing would require "changes to eight positions," but did not elaborate.

The committee went in-camera to discuss staffing issues, but a staff member had said that most jobs would stay within HRM.

Coun. Gloria McCluskey raised concerns about what would happen if the province backed out of its contract with IBM.

Staff explained that the terms of a contract, which will

likely be for a 10-year agreement with an option to opt out after five, will be negotiated and brought back to regional council.

Councillors were also told that bringing the service back in-house would be difficult after any prolonged period of time.

Before the negotiations begin, council must first approve the committee's recommendation, which will likely happen next week, said McCluskey. ALY THOMSON/FOR METRO

Metro Transit ordered to restore late-night ferry

Budget planning. Extra \$150K needed to bring back service



ALY THOMSON
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Members of HRM's audit and finance committee have told Metro Transit to come up with a budget plan that will restore late-night ferry service between Halifax and Dartmouth.

The hours were cut amid some controversy last year as a cost-cutting measure, and transit officials will have to find \$150,000 to reinstate the service.

Coun. Gloria McCluskey made the motion Wednesday as an amendment to the public transportation authority's 2013-14 draft budget.

Last August, Metro Transit said there weren't enough passengers using the ferry and axed crossings after 10:30 p.m. Monday through Thursday.

But McCluskey argued the ferry service recovers a healthy 51 per cent of its costs.

"There are buses that are



Halifax residents board a Metro Transit bus on Spring Garden Road on Wednesday. Regional councillors have approved a budget draft plan that includes a fare hike of \$0.25. JEFF HARPER/METRO

getting nine and eight per cent (cost recovery). Do you think there are enough people riding those buses?" she said outside council chambers.

McCluskey said she's con-

fident the ferry schedule will be reinstated despite mixed reviews from other committee members.

"We talk about environmentally friendly, we talk

More online

- For more details on the Metro Transit draft budget plan, visit metronews.ca.

about moving people downtown. What other facts do you need?" she asked.

The draft budget, which passed unanimously, also includes a 25-cent fare hike that will boost the cost of every bus or ferry trip to \$2.50 per person.

Coun. Jennifer Watts does not sit on the committee but attended the meeting to voice a "philosophical problem" with hiking fares.

"The 25-cent increase is going to have a very, very big impact on low-income people in our community," said Watts.

Metro Transit director Eddie Robar told the committee during a presentation that major technological changes are on the horizon — worth a proposed \$36 million over the next three years.

That includes replacing the GoTime service and eventually implementing smart-card technology.

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All eyes on sentencing of local navy spy

Jeffrey Paul Delisle. No precedents for sentence

Intelligence and justice officials around the world will be watching today as a navy officer convicted of selling military secrets to Russia becomes the first person to be sentenced under Canada's Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle will appear in Halifax provincial court for a two-day hearing after pleading guilty in October to breach of trust and passing information to a foreign entity that could harm Canada's interests.

The challenge for lawyers and Judge Patrick Curran is how to come up with an appropriate sentence without having case law to consult under the



Sub-Lt. Jeffrey Delisle METRO FILE

untested act.

"It's going to be a very difficult exercise because there just isn't really a range that's been set out under this legislation," Mike Taylor, Delisle's lawyer, said in an interview Wednesday.

Taylor said he has been

searching case law in the United States, the United Kingdom and Canada but found little that matches the unique circumstances of the agent who walked into the Russian Embassy in Ottawa in 2007 to offer his services after his personal life began to unravel.

It's expected the Crown will ask for a hefty sentence in the interests of deterrence and show its allies it's taking the matter seriously.

Taylor said he will argue that the damage Delisle is alleged to have done to Canada's relations with its allies and revelations about how its domestic spy service gathers intelligence has been overstated.

Crown attorney Lyne Decarie didn't want to comment on the case, saying only that she would call three witnesses.

THE CANADIAN PRESS



Rain in January?

A pedestrian walks past a colourful mural on Spring Garden Road as rain starts to fall in Halifax on Wednesday afternoon. JEFF HARPER/METRO

Dartmouth

Man facing drug, weapons charges after apt. search

A Dartmouth man was arrested after police found drugs, cash and a gun in a Queen Street apartment.

Members of the Integrated Drug Unit carried out a search of the apartment, in the 100 block, around 8 p.m. Tuesday.

Police say the officers seized crack cocaine, ecstasy, cash and a loaded shotgun.

Ervin Russell Crowell, 43, was arrested at the scene. **METRO**

Construction

Industrial accident kills man, 58

The provincial labour department is investigating an industrial accident that killed a 58-year-old man in Burnside.

The accident happened around noon on Saturday at a construction site on Burbridge Avenue.

The call was initially deemed a "non-police event" and forwarded to Emergency health Service. Police were informed of the case by the medical examiner's office hours later. **METRO**

Jaida Lakes-Bates

Missing teen, 13, found unharmed

Police say a teenager who was reported missing on Wednesday has been found unharmed.

Investigators with the integrated vice unit in Halifax issued a public plea to help find 13-year-old Jaida Lakes-Bates, who was last seen on Monday at the Halifax Shopping Centre, but hadn't been in touch with her family since.

Police issued another release on Wednesday night to say the girl had been located in the Sackville area and returned home. **METRO**



Research assistant Heather Murdock, right, demonstrates a lung-capacity test with study participant Elaine Tolley on Wednesday at the data-collection site for the Canadian Longitudinal Study on Aging. JEFF HARPER/METRO

Dalhousie plays key role in national study of aging

Aging gracefully.
Largest study of its kind examines healthy aging, social factors



HALEY RYAN
haley.ryan@metronews.ca

Researchers across the globe will be examining 75-year-old Elaine Tolley's life for years to come.

Tolley is among 1,400 Nova Scotians taking part in the Canadian Longitudinal Study on Aging (CLSA), which will gather data from people between the ages of 45 to 85 over the next 20 years.

"It's great, it's like one big checkup," Tolley said on Wednesday at the CLSA open-house on Morris Street.

She said she jumped at the chance after receiving a letter in the mail asking if she would participate in the study, led by researchers from Dalhousie, McGill and McMaster universities.

"It's quite exciting, real-

By the numbers

20

The study will take 20 years to complete.

50,000

50,000 men and women will volunteer as subjects for the study.

160

160 researchers will take part at 26 institutions across Canada.

ly," Tolley said. "It's a lovely study and I think we really should do everything we can to age gracefully. It's such a hard process, aging."

Dr. Susan Kirkland, a Dalhousie professor and co-principal investigator of the study, said she was surprised by the intense public interest in the research.

"It really resonates with people, so it's really rewarding to see that," Kirkland

said. "Aging is something we all do, and it's not something you want to do poorly."

Kirkland said the study is interesting because of its focus on healthy and successful ways to age, rather than on disease and disability.

Halifax participants go through a three-hour session at the Dalhousie data-collection site where tests on blood pressure, heart tracing, eyesight, bone density and other indicators are performed.

"They did cognitive tests which were really quite fun. It was like playing games," Tolley said about an exercise in which she had to watch for a time on the clock, then grab a container and sort money.

Tolley will go through an interview and tests every three years, even if she moves from Halifax, Kirkland said.

Eventually, researchers will be able to use the information to study how we age and the factors that affect aging, why some people stay healthy and others don't, and to find new ways to prevent diseases and improve health services.

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Tories barking mad over inmate program

Pairing pooches with prisoners. Justice minister says most of \$26K price tag is for one-time costs

A pilot program that pairs convicts with canines in Nova Scotia has the Progressive Conservative party snarling about the cost.

Tory justice critic Allan

MacMaster said Wednesday he doesn't understand why the provincial government is spending about \$26,000 on the program when the economy is on shaky ground.

"It's insensitive for a government to go out and spend this kind of money on a program for people who are incarcerated when there are so many other people out there suffering because of the economy," MacMaster said in an interview.

WOOF, an acronym for Working On Our Future, was launched in December at the Central Nova Scotia Correctional Facility in partnership with the SPCA and will run until the end of March.

Justice Minister Ross Landry said inmates will help care for and train five undisciplined dogs before they are returned to the SPCA and adopted.

The idea is to rehabilitate the dog and the inmate.

"I'm excited about this," Landry told reporters. "We're dealing with a segment of society that in a lot of cases are in there because they're not very positive or productive, and this gives an opportunity to change that direction."

Landry said funding for the program was found within the jail's budget and most of it is expected to be spent on one-time startup costs.

THE CANADIAN PRESS



Justice Minister Ross Landry, shown in this file photo, says the WOOF pilot program will see inmates help care for and train five undisciplined dogs before the canines are returned to the SPCA. METRO FILE

Government fees. Province preparing for eradication of penny

The province has released information about the impact of the penny's retirement on government fees that are paid for with cash.

The penny will be phased out of circulation beginning Feb. 4, and a release from the provincial finance minister states Nova Scotia will follow federal guidelines for rounding cash transactions.

If pennies are not available, Access Nova Scotia centres and other government outlets will round down to .00 for any final bill ending in .01 or .02.

Final amounts ending in .03 up to .07 will be rounded to .05.

Final amounts ending in .08 or .09 will be rounded up to .10. METRO

Details

- **Electronic payments.** The rounding guidelines will be applied to cash transactions only. Exact amounts will be used for electronic payments.
- **Still legal tender.** The release states that the penny will still be considered legal tender and will be accepted for payment and offered as change if available.
- **Five by five.** Future changes to government fees will result in an amount ending in a multiple of five.

Speed believed to be a factor in accident. ATV crash kills man in Sambro

Halifax Regional Police say a 40-year-old man is dead following an all-terrain-vehicle crash near the city.

The crash occurred around 1 a.m. Wednesday in the 200 block of East Pennant Road in Sambro.

Police arrived to find the

ATV had left the road.

The victim, who was driving, died at the scene.

A Halifax Regional Police spokesman said speed is believed to be a factor in the accident.

The name of the victim has not been released. METRO



East Pennant Road in Sambro was the scene of an ATV accident that killed a 40-year-old man early Wednesday. JEFF HARPER/METRO

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Ballerina afraid to go back to Russia



Bolshoi ballerina Svetlana Lunkina COLIN MCCONNELL/TORSTAR NEWS SERVICE

Prima fear. Threats to leading lady follow acid attack on Bolshoi artistic director

A leading ballerina with the Bolshoi Ballet says she wants to stay in Canada after receiving threats — a move that follows an acid attack on the dance troupe's ballet chief and high-tensions at the theatre.

Svetlana Lunkina, 33, has told the Russian daily Izvestia that she asked the Bolshoi to extend her leave as she fears returning to Russia. Lunkina's statement came two weeks after the attack on Bolshoi artistic director Sergei Filin, who was badly burned when an unidentified masked assailant threw sulphuric acid in his face. Bolshoi spokeswoman Katerina Novikova confirmed Wednesday that the theatre

had accepted Lunkina's request to extend her leave, but made no further comment.

The ballerina said she was scared to hear about the attack on Filin, who has undergone several surgeries to save his eyesight and treat severe burns on his face.

"I feel a strong compassion for his family," Lunkina said. "I hope they will find those who committed that crime."

THE ASSOCIATED PRESS

Dirty dancing

- Lunkina said the threats were linked to a conflict between her husband and a business partner over a movie about Mathilde Kschessinskaya, a ballerina famous for both her talent as a dancer and for her liaison with Russia's last czar, Nicholas II.

Sex and disability. Bosnian basketball players want prostitution legalized

Members of a Bosnia wheelchair basketball club are launching a campaign to legalize prostitution in the country to help disabled people "achieve their right to love."

Marinko Umicevic, president of the club Vrbas, said Wednesday that Bosnia had to catch up with 21st-century Europe, where he said some people with disabilities "even get state subsidies to pay for sex."

Umicevic said some of his

players have never had sex and legalizing the sex trade would help people like them achieve their basic rights. Club members were organizing a petition on the proposal in Banja Luka.

Along the same theme, Helen Hunt received an Oscar nomination this year for best supporting actress for her portrayal of a sex worker helping a disabled man in the movie The Sessions.

THE ASSOCIATED PRESS



January showers in Ontario

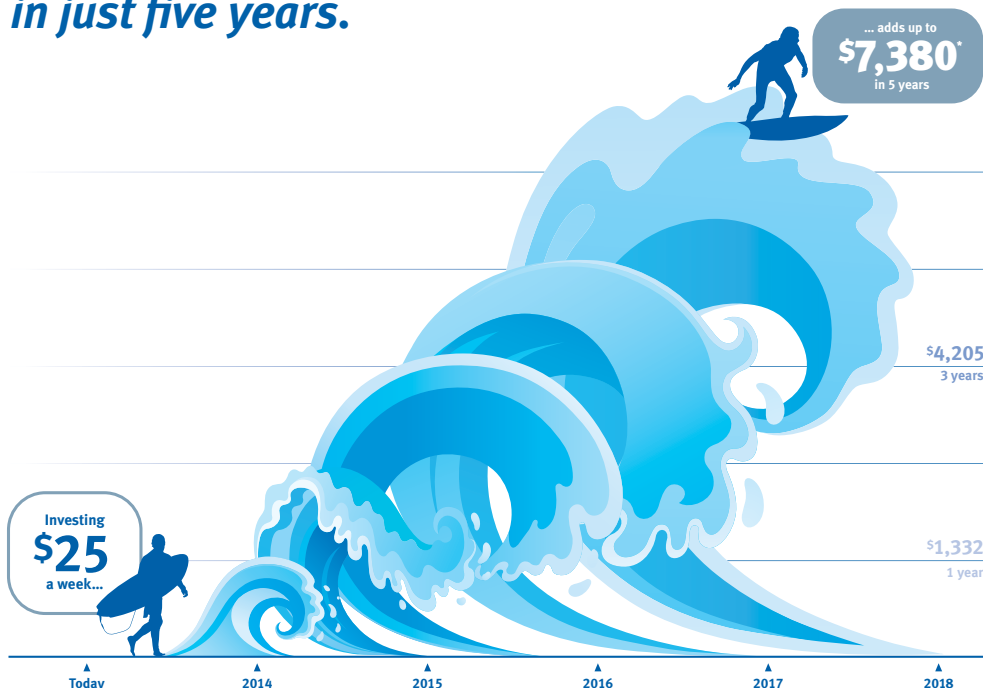
Unseasonable weather brought buckets of rain on Toronto, with temperatures hitting a record 14 C Wednesday morning. But meteorologists warned winter will be back with a vengeance in Southern Ontario Thursday, with the mercury plunging to below freezing as an Arctic cold front moves in overnight.

TEXT: THE CANADIAN PRESS; PHOTO: STEVE RUSSELL/TORSTAR NEWS SERVICE



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Nicola Puddicombe. Appeal to conclude in Toronto axe-murder trial

There's no doubt that Dennis Hoy of Toronto was clubbed to death with an axe in a night that was rife with passion, betrayal and cruelty.

There's still plenty of debate on exactly what happened on the night of Oct. 27, 2006 when Hoy, 36, was bludgeoned at least a half dozen times in the bed of his longtime girlfriend Nicola Puddicombe.

The two-day Ontario Court of Appeal hearing is scheduled to conclude Thursday.

At the time of Hoy's death, Puddicombe was involved in a lesbian relationship with Ashleigh Pechaluk, a co-worker at Loblaw's. Puddicombe was also still entwined in a relationship with Hoy that began 11 years earlier.

The women were tried separately in 2009 for first-degree murder. Pechaluk was acquitted after her confession to police was ruled inadmissible because she was not told of her right to legal counsel. That videotaped statement — obtained after 20 hours of interrogation — was played in Puddicombe's trial.

Months after her former lover walked free, Puddicombe

Appeal arguments

Key to the appeal is the testimony of Sarah Sousa, a co-worker who told juries in both trials that Pechaluk spoke of plans to kill Hoy.

- **Hearsay.** Puddicombe's lawyer David Harris argued Wednesday that current procedure for instructing juries on the weight of hearsay evidence is too complicated.
- **Robots, not morons.** "This is really too much for a jury to handle: Lawyers and judges dancing madly on the head of a pin," Harris said. "They're (jury members), not morons — but they're not robots either."

was found guilty and sentenced to life in prison. Each woman blamed the other for the murder, but the Crown argued that they plotted Hoy's death so that they could live together and collect his life insurance and pension. **TORSTAR NEWS SERVICE**



An unquestioned authority on gun violence

Former Arizona Rep. Gabrielle Giffords, who was shot in the head in a mass shooting that killed six people in Tucson, Ariz., two years ago, sits with husband Mark Kelly as she gives an opening statement before the Senate Judiciary Committee hearing on gun violence in Washington on Wednesday. Supporters and opponents of stricter gun control measures are facing off on what lawmakers should do to curb gun violence in the wake of last month's rampage in Newtown, Conn., that killed 20 schoolchildren. **SUSAN WALSH/THE ASSOCIATED PRESS**

Canadian data

Protein map may help fight viruses

Scientists have made an important discovery that could help battle viral infections.

Using data collected at the the University of Saskatchewan's Canadian Light Source synchrotron, researchers from McGill University and the Austrian Research Centre for Molecular Medicine have discovered the blueprint behind the IFIT protein, which can stop a virus from spreading by inhibiting its replication of a person's genetic code.

MORGAN MODJESKI/METRO

Took on Taliban

Malala heads for final skull surgery

A Pakistani girl who defied the Taliban is set for a final surgery to reconstruct her skull, doctors said Wednesday.

Malala Yousafzai, 15, needs to replace the bone shattered when a gunman, angered at her promotion of girls' education, sent a bullet through her head. **THE ASSOCIATED PRESS**

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BRINGING IN THE BIG

Army targets safety

Canada's armed forces are waging war on avalanches.

There's no messing around where one of the world's avalanche hotspots intersects with a transportation corridor connecting British Columbia to the rest of the country.

As the Trans-Canada Highway and Canadian Pacific Railway work their way through the Selkirk Mountains, they enter a hazardous 40-kilometre stretch at Rogers Pass in Glacier National Park in B.C. The scenic route features no less than 138 known avalanche paths above the highway.

To keep the public safe, Parks Canada — along with the Department of National Defence — has stood at the ready since 1962, working 24-7 with a variety of avalanche-control tools.

And, when needed, they bring out the big gun: a 105-mm howitzer cannon that launches pre-emptive artillery strikes that trigger slides well before they've built up to a point that threatens the highway



Department of National Defence forces cover their ears while sending blasts to safely trigger an avalanche. PARKS CANADA

(which sees approximately 4,000 vehicles daily).

"We operate the world's largest mobile avalanche-control program. The howitzer can be deployed any time, day or night. Even in the middle of a snow storm," explains Jeff Goodrich, senior avalanche forecaster at Parks Canada.

In order to keep the public safe during the blasts, traffic along the highway is closed in both directions and back-country users with winter permits in Glacier National Park are notified to stay out

Howitzer facts

The gun is used an average of 20 times each winter and can strike at 270 targets from 17 gun positions.

of winter-restricted areas that are closed.

The operation is a sight to behold — not to mention hear — and extremely effective.

"If you look at our 51 years running the program, we've had no fatalities (involving the travelling public)," says Goodrich. "It's a highly diligent program."

MATT KIELTYKA/METRO IN VANCOUVER

Initiation into the wild

Staying safe in Mother Nature's wicked winter wonderland is an art and science.

Knowing how to use survival gear, being able to identify and traverse terrain and learning about snow science are all crucial for avoiding disaster.

That's where Avalanche Skills Training (AST) courses come in.

"The statistics for surviving avalanches are very grim, so it's definitely a safety move," says John Grant, an AST instructor



John Bardsley, left, and Steve Roberts at an Avalanche Skills Training course. JENNIFER GAUTHIER/METRO IN VANCOUVER

with Vancouver's Canada West Mountain School.

Weekend courses at the school take students through a full day of classroom study before putting their newfound knowledge to the test in the backcountry.

The Canadian Avalanche Centre (CAC) — which sets the criteria for public AST courses — says about 7,000 people took a course last year.

"To go into the mountains in the winter, you just need to have the gear," says CAC forecast co-ordinator Ilya Storm.

"Having a beacon, probe,

shovel is just like having a seat-belt or an airbag in your car."

Grant says more people are taking the course as a "door-opener" to the backcountry.

It was an easy choice for Steve Roberts and his girlfriend.

"We've been resort skiers for a long time now and we're looking to go into the backcountry," Roberts says after a stressful avalanche rescue simulation. "You can read ... but until you start doing it yourself, you have no idea."

"When it comes to decision making ... things can get complicated and you can get excited, so it's really important to have that base knowledge."

The course is just an introduction to the backcountry. Practice with gear and real-world experience are also vital.

"This is just the start," says Karin Hung after a field day with her AST1 class. "There are so many high-profile stories about people making the wrong decisions, I think it's important to get informed."

A full list of CAC-certified courses can be found at avalanche.ca.

MATT KIELTYKA/METRO IN VANCOUVER



To protect the Trans-Canada Highway and the Canadian Pacific Railway from avalanches in Rogers Pass, B.C., Parks Canada and the

Exclusively online



What you pack could save your life. Find the "holy trinity" of survival gear at metronews.ca/safetykit.



GUNS



Ilya Storm, forecast co-ordinator at the Canadian Avalanche Centre, and his team are responsible for generating public avalanche bulletins from their headquarters in Revelstoke, B.C. MATT KIELTYKA/METRO IN VANCOUVER

Forecasting risk

The watchers.

Avalanche analysts play critical role in preventing tragedy



MATT KIELTYKA
Metro in Vancouver

Hidden away in a nondescript building in the heart of Revelstoke's quaint snow globe-esque downtown is the nation's avalanche nerve centre.

Upstairs in a second-floor office, terrain maps litter the central room.

Known avalanches are plotted on a map of British Columbia regions on a wall.

Three forecasters, eyeing up two computer screens each, compile weather and snow-pack information, frantically put together public avalanche forecasts and send out localized bulletins — all while handling a rush of media interviews.

Welcome to the Canadian Avalanche Centre (CAC).

"It gets busy on days like these," said Ilya Storm, the CAC's forecast co-ordinator, in an interview earlier this month after snowstorms hammered the mountainous regions in southeast British Columbia.

The has been "extreme" during the storms.

But the coming weekend calls for blue skies, which means skiers, sledders and snowshoers will be heading to the backcountry en masse to take advantage of the fresh snow as the danger level is downgraded in most regions to "considerable."

It can be a recipe for disaster.

Blue skies spell trouble

"This weekend we'll have fewer avalanches but we'll have blue skies, good riding conditions, so more people will be out there."

Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre, who says human-triggered avalanches are most common during good weather.

ter.

"That's where we run into problems," said Storm. "When the risk is extreme, it's an easy decision to make ... you stay home. This weekend, we'll have fewer avalanches but we'll have blue skies, good riding conditions, so more people will be out there. And when you see other people riding hard, it's tempting to go out and push it a bit more."

In terms of human-triggered fatal avalanches, weekends like that are the most dangerous, so Storm and his team are getting the message out through bulletins and the media.

"Half of our job is the forecasting, the technical analysis and the science of it," says Storm. "The other half is effective communications and how we talk to people. Decision-

making, drive and motivation are big factors and we bring that into play in our forecasts."

The CAC was established in 2004 in the aftermath of a deadly, record-setting winter that killed 29 people the year before.

Analysts glean information coming in from virtually every private and public operator in Western Canada — shared by professionals through the Canadian Avalanche Association's Information Exchange (InfoEX) system — to create its public forecasts.

Each day, the team — which includes forecasters in satellite offices — creates daily forecasts for 12 regions.

Once a week, they'll create a long-term forecast.

They're customized documents that provide essential

DAY 4

STAYING ALIVE

Tomorrow: Moving On
Justin Trudeau on the loss of his brother Michel in a 1998 avalanche.

information on conditions and avalanche terrain for anyone venturing into the backcountry.

In the 2011-2012 season, the CAC received 1,413,230 bulletin requests.

Storm sees the bulletins as a critical public service.

"The outdoors is part of what we sell to people," he said. "As a society, (forecasts and avalanche education are) something we should support. It can serve people well."

The members of the Canadian Avalanche Centre know this better than most.

It's what keeps them going through those busy days.

"We are all avid recreationists, we love getting out into the mountains. I think most people here have some kind of a sad story," said Storm. "That's why it feels like good work. We're all trying to prevent the next tragedy because we've all been touched by avalanches."

Danger Level	Travel Advice	Likelihood of Avalanches
5 Extreme	Avoid all avalanche terrain.	Natural and human-triggered avalanches common.
4 High	Very dangerous avalanche conditions. Travel in avalanche terrain not recommended.	Natural avalanches likely; human-triggered avalanches very likely.
3 Considerable	Dangerous avalanche conditions. Caution snowpack evaluation, exercise route-finding and some route alteration-making essential.	Natural avalanches possible; human-triggered avalanches likely.
2 Moderate	Heightened avalanche conditions on specific terrain features. Evaluate snow and terrain carefully; identify features of concern.	Natural avalanches unlikely; human-triggered avalanches possible.
1 Low	Generally safe avalanche conditions. Watch for unstable snow on isolated terrain features.	Natural and human-triggered avalanches unlikely.

The North American avalanche-danger scale, developed by Parks Canada, is now used throughout the world. CONTRIBUTED

Alabama gunman kills bus driver, seizes six-year-old boy, police say

Hostage standoff.

Man took child to underground hideout

A gunman holed up in a bunker with a six-year-old hostage kept law officers at bay Wednesday in an all-night, all-day standoff that began when he killed a school-bus driver and dragged the boy away, authorities said.

SWAT teams took up positions around the gunman's rural property, and police negotiators tried to win the kindergartner's safe release.

Sheriff Wally Olson said in a brief statement Wednesday evening that negotiators continued talking to the suspect and "at this time we have no reason to believe that the child has been harmed."

The gunman, identified by neighbours as Jimmy Lee Dykes, a 65-year-old retired truck driver, was known around the neighbourhood as a menacing figure who once beat a dog to death with a



Law-enforcement personnel set up a checkpoint Wednesday in Midland City, Ala., near a bunker where a school-bus-shooting suspect was barricaded with a child hostage. The incident is yet another in a string of U.S. gun violence that has sparked a national debate. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

lead pipe, threatened to shoot children for setting foot on his property and patrolled his yard at night with a flashlight and a shotgun.

He had been scheduled to appear in court Wednesday

morning to answer charges he shot at his neighbours in a dispute last month over a speed bump.

The standoff along a red dirt road began on Tuesday afternoon, after a gunman

boarded a stopped school bus filled with children in the town of Midland City, population 2,300. The sheriff said the man shot the bus driver when he refused to hand over a six-year-old child. The gun-

man then took the boy away.

"As far as we know there is no relation at all. He just wanted a child for a hostage situation," said Michael Senn, a pastor who helped comfort the traumatized children

after the attack.

It was unclear if Dykes made any demands from his underground bunker, which resembled a tornado shelter.

About 50 vehicles from federal, state and local agencies were clustered at the end of a dirt road near where Dykes lived in a small travel trailer. Nearby homes were evacuated after authorities found what was believed to be a bomb on his property.

State Rep. Steve Clouse, who met with authorities and visited the boy's family, said the bunker had food and electricity, and the youngster was watching TV. He said law-enforcement authorities were communicating with the gunman but he had no details on how. **THE ASSOCIATED PRESS**

Residential schools

Judge tells feds to hand over records

The federal government is obliged to turn over its archival records on Indian residential schools to the Truth and Reconciliation Commission, an Ontario court decided Wednesday.

In his decision, Justice Stephen Goudge said the obligation to provide the materials is clear from the settlement agreement that established the commission. **THE CANADIAN PRESS**

Phoenix shooting

Alleged killer still on the loose

A gunman opened fire at an office complex in Arizona's largest city Wednesday, killing the CEO of a company, wounding two other people and setting off a manhunt. Police warned the public that the suspect was "armed and dangerous."

Authorities identified the suspect as Arthur D. Harmon, who they said opened fire at the end of a mediation session. Authorities believe Harmon acted alone and fled the scene in a car after the 10:30 a.m. shooting, said Sgt. Tommy Thompson, a Phoenix police spokesman. **THE ASSOCIATED PRESS**

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Insemination mix-up. Doctor could lose licence over alleged misconduct

An Ottawa fertility doctor faces a disciplinary hearing Thursday over allegations he artificially inseminated three women with the wrong sperm.

Dr. Bernard Norman Barwin, a celebrated gynecologist, could lose his licence if the Col-

lege of Physicians and Surgeons of Ontario discipline panel finds he committed misconduct. He agreed last year to stop the practice of insemination after the college filed its notice of hearing.

The medical college alleges that three of Barwin's patients discovered their children aren't biologically related to their husband or, in one case, the patient's chosen donor.

Two women with the same allegations sued Barwin a few years ago. The lawsuits were resolved last year, but neither the women's lawyer nor Barwin's lawyer could discuss the terms.

Barwin was invested in the Order of Canada in 1997 for his "profound impact on both the biological and psycho-social aspects of women's reproductive health."

He founded the non-profit, pro-choice organization Canadians for Choice, which gives away an annual Dr. Norman Barwin Scholarship to a graduate student studying sexual health and reproductive rights.

If the College of Physicians and Surgeons' disciplinary panel finds Barwin committed professional misconduct, it can revoke his licence, suspend it, impose restrictions, reprimand him, order him to pay a fine or a combination of those sanctions. **THE CANADIAN PRESS**

Déjà vu

Two of the circumstances described match that of two women who sued Barwin and his Broadview Fertility Clinic a few years ago.

- Trudy Moore and her husband approached Moore's sister in 2006 to act as a surrogate for the couple, according to the family's statement of claim. Days after the baby was born it was revealed that neither the husband or the sister had the same blood type as the newborn.
- Jacqueline Slinn, the second woman to sue Barwin, believed she was inseminated with sperm from donor 3168, according to her statement of claim. Slinn and two other 3168 mothers discovered none shared the same biological father, she alleged.

RIM rebrands as BlackBerry, launches long-awaited phones

'We heard you loud and clear.' Buzz around clever predictive text, better OS, message hub, and 'time-shift' photos



JESSICA SMITH
Metro in Toronto

BlackBerry launched a new operating system, two new phones, a rebranding and a comeback attempt on Wednesday.

The Ontario-based company — which until Wednesday's rebranding was known as Research In Motion — held simultaneous events in New York, Toronto, London, Paris, Dubai, Johannesburg, Jakarta and Delhi.

Thorsten Heins, president and CEO of the company since co-founders Jim Balsillie and Mike Lazaridis resigned a year ago, appeared

live on stage at Pier 36 in New York and on video at the global launch events.

The launch was initially scheduled for a year ago.

"We have transformed ourselves inside and out," said Heins. That transformation was "heartfelt" and required the company to be brutally honest, he said.

BlackBerry is releasing two phones that use the new BlackBerry 10 operating system. The Z10 is a touchscreen phone that uses a virtual keyboard with a unique form of predictive text, allowing users to "flick" entire words from the keyboard into their messages and documents.

The Q10 has a physical keyboard, but will not be available until April.

"We heard you loud and clear," said Heins. "We built this for those people who said they just had to have the physical keyboard typing experience."

The BlackBerry 10 operating system includes a hub for

all communications, including schedule notifications, Twitter and Facebook messages, BBM pins and text messages.

The OS includes BlackBerry Balance, which allows separate functions and controls for people who want to separate their phone's functions for their work lives from their personal lives.

The Z10 has 16 GB of storage, a 4.2-inch touch display, a battery with up to ten hours of talk time and 4G capability. It also has a front camera and an 8-megapixel rear camera, built-in photo editing and filters. Its most-hyped photo feature is "time shift," which allows users to scroll through different versions of the same photo to select, for example, a moment before a subject blinked.

BlackBerry's new app store is BlackBerry World, where 70,000 apps are available and users can pay to download music, movies and TV shows.



The BlackBerry 10 is displayed Wednesday in New York. BlackBerry is promising a speedy browser, a superb typing experience and the ability to keep work and personal identities separate. MARK LENNIHAN/THE ASSOCIATED PRESS

Market Minute



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SPACE TRAVEL IS ALL ABOUT MONKEYING AROUND



HE SAYS...
John Mazerolle
metronews.ca

Have you noticed how laissez-faire coverage of space exploration is these days? I'm excited about how dull outer space is getting.

There's a Canadian in orbit and we're focusing on his Twitter feed and his guitar playing. Meanwhile, Iran sent a monkey into space and it only got equal coverage (maybe) with a monkey in an Ikea parking lot. If Iran wanted attention, they should have dressed it in an adorable shearling spacesuit.

I'm not lamenting this lack of excitement. I think it's amazing and wonderful that we've gotten used to it. I like to think it means we've accepted it as our destiny, rather than having gotten bored with it.

To understand how we got here (or there), here's a completely accurate timeline of human space exploration.

1949: The U.S. sends a monkey into space. Harry S. Truman delivers a triumphant message to the world that reads, in part, "Top that, future Iranian theocracy."

1956-1957: Russia launches Sputnik I and Sputnik II: Electric Boogaloo into space, the latter with the dog Laika on board. The dog dies, giving the U.S.S.R. valuable Cold War information about the need to feed your dog in space.

1958: Soviet spacecraft Zond 5 is thought to be the first vessel to orbit the moon, though we now realize the craft actually orbited an American television studio in Nevada.

1961: Astronaut Alan Shepard becomes the first person that matters, or "American," in space.

1955-1971: The Soviet Union has the first satellite, spacecraft, human in space, woman in space, spacewalk, lunar rover and space station, but, as history teaches us, the U.S. is the winner of the space race because they were the first country to use the moon for golf.

1962: John Glenn becomes the first American to orbit Earth. He sees the Earth as it really is, a fragile home of one unified species, and is told that if he shares those feelings with anyone he will be executed for treason.

1972: Eugene Cernan and Harrison "Jack" Schmitt are the last men to walk on the moon, and are loved forever, as can be proven by the fact that you have no need to look up whether those are their real names or just a couple of names I made up.

1976: America's Viking 2 finds the first possible signs of life on Mars: chewed cigar ends, two open condom wrappers and a sink full of dirty dishes.

1981: The Canadarm is sent into orbit, the first limb of the action hero Canadar. When the final piece, the Canabdomen, is sent into orbit next year, the SuperRobot will rule the world from space, and kick some Canadass.

1996: Khan Noonien Singh takes the DY-100 class interplanetary sleeper ship Botany Bay out of the solar system.

2012: Canadian Chris Hadfield — a hyper-intelligent, unbelievably eloquent and experienced pilot-musician who can use Twitter constantly without being annoying and can rock a moustache no problem — is launched into space by a bunch of guys who were feeling insecure whenever he was around.

2013: Iran sends a monkey into space. The mission is considered a failure when the monkey's guitar playing is mediocre at best and his tweets are nothing more than repeated requests for more bananas.



Iran said it has launched a monkey into space. The U.S. worries that technology from the space program could be used to develop long-range missiles that could potentially be armed with nuclear warheads. THE ASSOCIATED PRESS

Wintry bubble bath



CHIP PHILLIPS/REX FEATURES

Ice photography

Surreal bubbles frozen in icy lake

Eerie, painterly and almost supernatural, these bubbles are in fact a real wonder.

This stunning photograph shows hundreds of frozen bubbles trapped below Abraham Lake in Alberta. Located at the foot of the Rocky Mountains on the North Saskatchewan River, the rare phenomenon occurs each winter in the man-made lake. METRO

Sub-zero bubble bath

- Organic matter on the lake bed releases methane gas, which freezes as it comes up to the surface. Normally, methane turns into carbon dioxide before reaching the surface.
- Bubbles keep stacking up below the frozen lake once the weather gets colder.
- Stacks of frozen bubbles are reminiscent of slabs of rock that form volcanic pillars.

Expedition experience

'My forehead was bleeding a little'

Judging by the photographer's experience, this photography is not without its perils.

"I use crampons to avoid slipping, but on one of my first trips to the lake, a giant gust of wind came barreling down, picked me up and threw me back on the ice," said Chip Phillips, the photographer. "My forehead was bleeding a little ... so I am very careful when I go out now." METRO

Photographer's view



"You have to walk out on the ice to

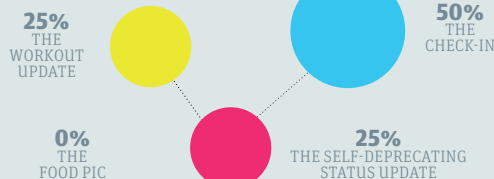
photograph the bubbles, the icy surface is around 22 centimetres deep."

Chip Phillips, 40, photographer from Spokane, Wash.



Register at metropolitanpanel.ca and take the quick poll

What's the most cringe-worthy Facebook post?



Twitter

@benwedge:

The CKDU and NSPIRG/#idlenomore volunteers are swarming the Loaded Ladle line and Tribe Called Red is blaring. Hippie convention in the SUB!

@kbslice:

For the first time, someone called me ma'am. I get it now.

@HFX_Lauren:

Oh Blackberry just when I was going to throw in the towel and

get an iphone you bring out the Blackberry 10, I just can't quit you!

@vickersdawn:

Decaf coffee is a JOKE! My body doesn't even understand what's happening right now.

@EricoTherlault:

was a much bigger Michael Jackson fan before he died...now I can't stand the over played songs... Dangerous & Bad still in my #LifeSoundtracks



Ben Caplan plays three sold out shows at The Company House this weekend. HANDOUT

2 SCENE

This ain't the bush league



**BACKSTAGE
PASS**
Jenna Conter
halifax@metronews.ca

It took about four minutes for Ben Caplan to sell out two shows in Halifax this weekend, and maybe another two to sell out the third.

Maybe it's the buzz around his success in Europe or the excitement ignited by his recent chit-chat and earth-shattering performance on CBC Radio's Q with Jian Ghomeshi.

Fan or friend, you can't help but get entangled in the bushy beard of talent that is Ben Caplan.

"Halifax is where I cut my teeth so there are people

Same boy you've always known

"I don't think I've grown into any other person. I think that it's interesting because I've returned as the same person but I'm perceived a little differently and my business has grown."

Ben Caplan

who haven't seen me in a few years and understand me as the artist I was two to three years ago," said Caplan over coffee.

"I still am that artist but I have had a lot of time to refine and develop my skills and develop what I want on stage as a performer."

With a collection of notable gigs across the pond under his belt, Caplan

is set to revisit the stages of SXSW and conquer new ground at Australia's Byron Bay Blues Festival.

That is, of course, after he loops back east to (hopefully) pick up some hardware at the ECMAs. Nominated for Rising Star Recording of the Year and Folk Recording of the Year, Caplan's first album, *In the Time of the Great Remembering*, continues to serve

him well as he trots around the globe.

Two years later, Caplan said that he is working on his second album.

"Writing a song is just as hard as it was two years ago but there is a much more captive audience now. It takes some pressure off and puts more pressure on," Caplan said.

"Since November I've been working and writing terrible tunes, throwing them away and writing less terrible tunes and editing them."

Never one to reach for the rose-coloured glasses of the music industry, it's Caplan's talent and career focus that industry insiders believe will keep him moving along what seems to be

Details

- **When.** : Thursday and Friday; Saturday with Paper Beat Scissors. All shows sold out.

- **Where.**
The Company House

- **Website.** bencaplan.ca

an unstoppable trajectory.

"I'm quite proud of what I've accomplished over the past two years but I don't think I'm hot s—t," he said. "It could just as easily dissipate in equal amount of time if I don't play my cards right or continue work my ass off."

Double life challenge

Do No Harm. Lead actor Steven Pasquale relishing challenge of playing Jekyll-and-Hyde-type roles

NED
EHRBAR
Metro World News in Hollywood



Pasquale, here with Alana De La Garza, enjoys Do No Harm's challenge. GETTY

There's a new high-concept split-personality thriller on the block, NBC's Do No Harm, starring Steven Pasquale as both successful neurosurgeon Jason and the destructive psychopath Ian, who takes over Jason's body between 8:25 p.m. and 8:25 a.m. Of course, this isn't the first show to try out the double life concept, — examples of these series include NBC's My Own Worst Enemy in 2008 and Awake last year, neither of which made it out to a second season.

But the folks behind Do No Harm are heading into this week's premiere with confidence. "I think that ultimately you can only write the show you want to watch, and this was a show that I just wanted to see on TV," says executive producer David Schulner.

"But definitely I took les-

sons from those shows and I said this is going to be a show you're going to want to watch every single week. You can't wait to tune in because it's so crazy. The stuff that Ian does to Jason and Jason will do to Ian, it's a wild roller coaster ride, and it's just thrilling and fun. So I think that's where the big difference between those shows are."

That thrilling fun comes mostly from the ways in which Ian goes wild with Jason's life while his more mild-mannered counterpart sleeps. "Ian's a little bit like a cat. The cat wants to play with that mouse. He doesn't want to kill it because what fun would that be?" Schulner says.

"So Ian's going to do a lot of stuff to Jason. And then

what's great about Jason is he's just as smart as Ian is and is sometimes two steps ahead, so there are traps in place. So it's a constant cat-and-mouse chess game between the two of them. But Ian is not toothless. There's a true danger to him. He's truly menacing, and that's why Jason's character needs to get rid of him."

For Pasquale, that makes for a fascinating acting challenge, but at least he knows both characters' fates are safe. "Ian's aware that if he were ever to murder somebody, they would (both) go to jail," Pasquale says, while stressing that "it really is a very real threat of something going very dark. Whether or not it happens will remain to be seen, but certainly that's where all of the tension lies."

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The Vaccines are trying not to be repetitive on their sophomore album.

The Vaccines. Winding road to success adds to Come of Age album

The first refrain a listener will hear on the Vaccines sophomore album is Justin Young, singing in a snotty punk voice, "I don't really care about anybody else when I haven't got my own life figured out."

This admission seems curious for a band who seem to have found their footing and are arguably living up to their latest album's title, *The Vaccines Come of Age*. But Young says coming of age is not without its growing pains, and the lyrics really ring true for him.

"It's just about being in your 20s, and it's a very weird time because you're expected to know who you are and where you want to go and how you want to get there, and I guess not everybody really does," he says. "And this is the first time in your life where you realize that you and your friends are at different points on the path."

The path has been a scenic one for the past few years for Young and his cohorts, guitarist Freddie Cowan, bassist Árni Arnason and drummer Pete Robertson, if not a bit of a blur. This path included a great debut in 2011 (*What Did You Expect from The Vaccines*) and a number one album in their home country of England when *Come of Age* came out this fall.

"For us, it felt like a more accomplished record," says Young, "as it perhaps should

A little too literal

"I really didn't want to make a record about being in a band and being a musician."

Justin Young
Talking about making their new album.

and would a year-and-a-half later of having been playing together every night."

But even with the band chemistry continuing to ferment, there is still an agitation to these songs that give the album life.

"When you're a kid and you see these people in these bands, you think they're these perfect beings beamed down from space," says Young. "I definitely don't feel like a different person, but perhaps I'm expected to be. I really didn't want to make a record about being in a band and being a musician. I think that really disconnects you from your audience."

But Young insists these are no spoiled rock star blues he's experiencing. He says it's almost the opposite.

"We're incredibly lucky and we're doing everything we've ever wanted to do and we're happy, but it's like it doesn't matter what position you're put in, it still doesn't change you as a person. You can only ever find happiness within yourself."

PAT HEALY/MWN

Operation E release under threat

Colombia. Award-winning movie may not see release in country of origin due to motion filed to protect child

It's one of the most heart-tugging tales of Colombia's long civil conflict: Rebels appear at the jungle home of a

poor farmer carrying a seven-month-old boy with a bandaged left arm.

The farmer tells them that the medicine man they seek isn't around.

They leave the baby anyway, and promise to return the following day. But they don't.

The abandoned child won't see his hostage mother until an emotional reunion after she is finally freed from captivity three years later.

Now an award-winning movie about the case has itself become a part of the drama.

Clara Rojas, who gave birth to Emmanuel in 2004 while a hostage of Colombia's main leftist rebel group, has asked a court to prevent the film, *Operation E*, from being shown in the country, saying it would harm her child and "the free development of his personality."

A ruling could come

this week in a case that has brought Rojas under criticism from anti-censorship advocates including writers, film critics and even President Juan Manuel Santos, a former newspaperman.

Rojas was campaign manager for presidential candidate Ingrid Betancourt when the two were seized by the Revolutionary Armed Forces of Colombia, known as the FARC, in 2002.

THE ASSOCIATED PRESS

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Jeremy Hotz

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Lindsay Lohan

Lohan calls in sick to court date

Lindsay Lohan is no stranger to missing court dates but at least this time she apparently has a good reason. Lohan planned to miss yesterday's hearing because she was feeling ill, according to E! News.

The troubled starlet is still in New York, where she has reportedly come down with the flu, and the condition is said to be serious enough that she managed to get a doctor to declare her unfit to travel.



Harry Styles

Harry Styles goofs on photographer

One Direction's Harry Styles is not one to turn down a request from a fan, even if that fan happens to be the daughter of a paparazzo.

A London photographer recently pressed the boy-bander

for an autograph for his daughter, Emma, and Styles was happy to oblige, according to Xposure Photos. His message?

"Dear Ella, Please tell your daddy to go away. Love from Harry x"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jason London in his better days. ALL PHOTOS GETTY IMAGES

A Dazed and Confused disaster



THE WORD
Dorothy Robinson
scene@metronews.ca

All of those Tiger Beat questionnaires that Dazed and Confused star Jason London had to fill out in the '90s never foresaw him crapping in the back seat of a cop car.

Yes, the former teen heartthrob got into a bit of a mess in Scottsdale, Ariz., on Saturday night after getting into a bar fight with some bouncers. According to the police report, cops were called and London was so nuts that he had to be subdued after shoving a few officers.

But it was in the backseat of the cop car on the way to being booked where it gets bad. En route to the station, London started throwing insults to the cops.

"I f---ing love this. I f---



Jason London's mugshot.

ing own you guys so hard," he reportedly yelled. "I'm rich and I'm a motherf---ing famous actor! F---ing look me up, bitch. It smells like s--- in your car and your breath smells like diarrhea."

The actor then allegedly leaned to the left and pooped his pants. London, not one to forget his theatre training, then gave this zinger: "I told you I'm happy as s---."

London was eventually arrested for disorderly conduct/fighting and assault, and for realizing that you don't need to take similes literally.

Twitter



@PaulaAbdul

Don't let the 1st month of the New Year go by w/o doing something that gets you closer to your goals!



@Oprah

Thanks everyone for your birthday wishes. Enjoying lunch with Stedman. No plans to leave p.j.'s all day



@JohnCleese

When the Mayans spoke about the end of the world they were referring to the end of civilisation.



@AlbertBrooks

Been forcing a smile all day to see if it would make me happy. My jaw is killing me.



Alec Baldwin

Alec Baldwin could be adding to his clan

Alec Baldwin may be preparing for fatherhood again, according to reports from In Touch.

Sources tell the magazine that Baldwin's wife, Hilaria, is pregnant with the couple's first child.

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts," the source says.

But Baldwin's reps are eager to put such claims to rest.

"Our re-

Baby bump?

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts."

Source

sponse to baby speculation over the past 18 months has remained the same: When and if (Alec and Hilaria Baldwin) have news they want to share, they will share it," the reps posted via Twitter.

"Until then, we have no comment."

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KHLOE KARDASHIAN

As she promotes her makeup line, Khroma Beauty, X Factor USA host Khloe Kardashian opens up her beauty cabinet, reveals the family beauty secrets and gushes over baby Kimye.

SISTER ACT

ROMINA
MCGUINNESS
life@metronews.ca

Khroma Beauty, the cosmetics line Khloe Kardashian has launched with her equally famous sisters, is made up

of face palettes, mascaras and lip glosses with snazzy names like Kardazzle and, most intriguingly, Shebang. So she is naturally a goldmine of beauty advice on everything from eye makeup ("Never share an eye pen-

cil or mascara; you don't know what infections people have!") and blemishes ("I'll put some concealer on here and there and use loose facial powder, but never all-over foundation.")

But when it comes to

the topic we're all wondering about, she only has this to say about her soon to be niece or nephew, most commonly known as baby Kimye: "We're so excited!" She gives us a peek inside her beauty cabinet.

Khroma Beauty Kurve

\$15, khromabeauty.com

"I get very oily so I always have loose facial powder on me and oil blotting paper."



Lancôme Hypnôse Mascara

\$27,
lancome.com

"My eyes are my favourite assets. I don't wear false lashes, just mascara. So I always have one in my purse."



Q + A

Khloe on...

Growing up Kardashian

"I wasn't allowed to wear full on makeup until I was 15. I could only wear it on my eyes. So one time, when I was in the sixth grade, I picked out this blue shadow that was just not cute. My sisters tried to tell me to tone it down. They taught me the tricks of the trade. I would watch what they did and try to mimic them. And my mom would always say: 'If you don't have time to do anything, just make sure you put a pop of colour on your lips'. You don't need much more."

Feeling beautiful, while married

"Makeup or no makeup, you have to be comfortable in your own skin, especially in the bedroom. If you're not, it could shine through. But if your partner is constantly telling you you're beautiful, then you don't really care what you wear or what you look like. Beauty isn't just about makeup. It's about taking care of yourself."

Looking camera-ready, all the time

"Always carry a huge pair of sunglasses with you. There's no need to be wearing a full face of makeup and stilettos all day, every day. Just do little things, like brushing your hair before you leave the house."



Khloe Kardashian / GETTY IMAGES

3 LIFE



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When decorating trends turn to classics

Decor. Which of this year's trends should you invest in?



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Over the past century we've seen many decor trends come and go, with some holding the test of time to prosper and become classics, though usually with some modern tweaking. In the 1980s, natural seagrass carpeting became a trend that never went away.

In the '90s, stainless-steel kitchen appliances was splashed on the domestic kitchen market and stabilized as long-term investments for the kitchen.

So what new decorating trends will we be seeing a lot of, for at least the next decade? I have three predictions.

Grey

This solemn neutral was huge in the mid '80s. Back then it was a steely-blue grey and used only to achieve a modern esthetic.

Its return to the decorating world was a nice way to gently

transition us away from all the golden taupe that we had grown so fond of.

But this time around the grey is a bit warmer (think grey flannel) and used for both traditional and modern decorating.

Look for this neutral to stick around. Watch it warm up a bit more to an elephant or driftwood colour. This will be the new taupe — cooler than what we remember and looking great with off-white, gold metallics and shots of strong colour.

Chevron pattern

Whether you call it zig-zag, herringbone or chevron, this angled linear pattern has come in and out of decor fashion for decades. Currently, the design is highlighted with contrasting coloured stripes that add punchy patterns to wallpaper, bedding, fabrics and carpets.

Look for this pattern calming itself down and being shown more as a texture than an obvious print. Tone-on-tone is the way to go with this classic chevron pattern if you want it around for a long time.

Farmhouse style

It goes without saying that country-style decorating is still the most popular form of

decor, maybe not in your city, but trust me, it's everywhere else in the world.

Farmhouse chic is a style that allows us to mix humble, worn furnishings with a touch or industrial style in order to make it cool again. All of a sudden the worn and softened look of the farmhouse trend starts to look good in our urban spaces.

Watch this decorating style slowly morph from a poor/humble look to an upscale look with fancy antiques being thrown in for prosperity.



Cedric loveseat — warm grey will become a neutral staple in decorating for the next few years. URBANBARN.COM



Humble mixed with formal elements like natural wood and raw metal make for the new farmhouse decor look. RESTORATIONHARDWARE



Printed Cotton Panels — The chevron, zig-zag pattern will calm into a tone-on-tone texture. WESTELM.COM

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Brunch. Cranberry Scones



1. Heat oven to 220 C (425 F). Line 1 or 2 large baking sheets with parchment paper.

2. In a glass measuring cup or a bowl, stir lemon juice into milk; set aside.

3. In a large bowl, combine 675 ml (2 3/4 cups) flour, sugar, baking powder, baking soda and salt. Using pastry blender or two knives, cut in butter until mixture is crumbly. Pour in milk mixture; stir with a fork until a soft, sticky dough forms.

4. Turn out onto a floured surface and, with floured hands, gently knead in cranberries, being careful not to crush them and adding more flour to prevent sticking as necessary, until dough comes together and cranberries are dispersed. Pat out to a 23-cm (9-inch) circle; cut into 12 wedges. Place on prepared baking sheet at least 2.5 cm (1 inch) apart.

5. Topping: Brush tops of

scones with milk and sprinkle with sugar. Bake for 15 to 20 minutes, switching pans on racks halfway if using 2 sheets, or until puffed and golden. Let cool for at least 10 minutes before serving. **THE CANADIAN PRESS/DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA**

Ingredients

- 30 ml (2 tbsp) freshly squeezed lemon juice
- 250 ml (1 cup) milk
- 675 ml (2 3/4 cups) all-purpose flour (approx)
- 125 ml (1/2 cup) granulated sugar
- 15 ml (1 tbsp) baking powder
- 1 ml (1/4 tsp) each baking soda and salt
- 125 ml (1/2 cup) cold butter, cut into cubes
- 250 ml (1 cup) fresh or frozen cranberries, cut in half if large
- Topping**
- 10 ml (2 tsp) milk
- 10 ml (2 tsp) granulated sugar

CHL Rankings

Mooseheads fall to No. 2

The Halifax Mooseheads reign as the No. 1 team in the Canadian Hockey League is over after holding the distinction for 11 consecutive weeks.

The new rankings came out on Wednesday afternoon, with the Western Hockey League's Portland Winterhawks leading the pack and the Mooseheads falling to second place.

The Winterhawks were ranked No. 2 in last week's rankings.

After recording three consecutive wins in their recent Quebec road trip, the Mooseheads (39-5-2) had to settle for a split at home, dominating the Sherbrooke Phoenix 7-2 on Friday and falling 4-2 to the Quebec Remparts in front of a sell-out crowd at the Metro Centre on Saturday.

The Ontario Hockey League's London Knights maintained their No. 3 status in the rankings.

The Baie-Comeau Drakkar (sixth) and Rimouski Oceanic (seventh) are the other QMJHL teams on this week's rankings. The Moncton Wildcats, who sit second behind the Mooseheads in the Maritime Division, received an honourable mention.

ANDREW RANKIN/METRO

AUS women's basketball

Colley leads undefeated Huskies to 14th-straight victory

Canadian Interuniversity Sport's leading scorer, Justine Colley, collected 29 points to lead the undefeated Saint Mary's Huskies to a 77-69 victory over the Dalhousie Tigers in Atlantic University Sport basketball action on Wednesday at the Dalplex.

Trailing 40-36 at half-time, the Huskies buckled down in the second half, limiting Dalhousie (8-6) to just 12 and 17 points in the third and fourth quarters. Keisha Brown paced the Tiger with 29 points.

The Huskies (14-0) are ranked No. 2 in the country.

Meanwhile, in men's action, the Huskies ground out a 57-50 victory over the Tigers on Wednesday's late matchup.

Huskies guard Jordan Lee poured in a game-high 23 points for the visitors, while Simon Marr lead the Tigers with 22 points.

Saint Mary's (5-9) picked up its second consecutive win while Dalhousie (6-8) lost its second straight.

ANDREW RANKIN/METRO



Senators defenceman Erik Karlsson jumps over sprawling Canadiens forward Erik Cole on Wednesday night in Ottawa. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Sens tapping many sources for goals

NHL. Rookie Zibanejad's first NHL marker part of a three-goal outburst by Ottawa in second period against Montreal

The Ottawa Senators are finding ways to spread out the offensive duties while star forward Jason Spezza recovers from injury.

Daniel Alfredsson's first goal of the season Wednesday was one of 12 different scorers on the gamesheet in Ottawa's 5-1 victory over the Montreal Canadiens.

"The balance of our team, we like it right now,"

said Senators coach Paul MacLean. "It's goal scoring by committee. We're going to have to be that hard working team that grinds out some goals. We did that tonight and we have to continue to do it."

Alfredsson's goal early in the second period proved to be the winner, while Craig Anderson made 31 saves in his 300th career game.

Jim O'Brien, Mika Zibanejad, Chris Phillips and Chris Neil also scored for the Senators (5-1-1).

Spezza missed his second straight game with an upper-body injury.

He is considered day-to-day.

"We know we have to

On Wednesday

5

Senators

1

Canadiens

work hard every night, and that's what we do," said Alfredsson. "When you've got good things going for you, it's a lot easier, obviously."

Tomas Plekanec scored for Montreal (4-2-0), which saw its four-game winning streak come to an end. Peter Budaj faced 27 shots in his season debut.

Down 4-1 in the third,

the Canadiens made a desperate push to get back in the game, but Anderson made numerous point-blank saves, including two on Brandon Prust, to preserve the lead.

Anderson has easily been one of the Senators' best players since the start of the season.

"Guys are doing a terrific job in front of blocking shots and cleaning the garbage, so I would say it's an overall solid effort by the guys in front of me," said Anderson. "It allows me to do my job a lot easier."

"We're playing with a lot of confidence on our back end."

THE CANADIAN PRESS

NHL draft. Jones ranked No. 1, MacKinnon No. 2 by TSN's McKenzie

TSN Hockey analyst Bob McKenzie has put Portland Winterhawks' defenceman Seth Jones ahead of Halifax Mooseheads Nathan MacKinnon as the top pick in his mid-season 2013 NHL draft ranking unveiled Wednesday night.

MacKinnon was No. 1 and Jones No. 2 on McKenzie's December rankings, but his latest list favours the towering defenceman, largely for his dominant performance at the

World Juniors in leading the Americans to a gold medal while MacKinnon had a limited role with Team Canada.

"To be honest, it's really, really close between these two," said McKenzie. "I said MacKinnon in December, but Jones was real close for me. I say Jones now, but MacKinnon is real close."

McKenzie's top 10 rankings are based on the opinion of 10 NHL scouts. McKenzie se-

lected the Mooseheads' other 17-year-old star forward Jonathan Drouin at No. 3. Coming off an exceptional World Junior performance and averaging two points per game with the Mooseheads, Drouin has been turning heads.

"He has elite puck-handling and skating skill. He has been outstanding and will continue to garner lots of attention," McKenzie said.

ANDREW RANKIN/METRO



Nathan MacKinnon
HALIFAX MOOSEHEADS

Family affair

Harbaughs to visit defeated son

Jack and Jackie Harbaugh still don't know where they'll be sitting during the Super Bowl.

They do know where they'll be after the game.

The parents of John and Jim Harbaugh say they'll visit each of their sons after the San Francisco 49ers and Baltimore Ravens play in Sunday's Super Bowl. The Harbaughs say it will be the son on the losing end who is likely to need his parents more.

That was their experience last Thanksgiving when John's Ravens beat Jim's 49ers.

No matter the outcome, Jackie Harbaugh says she and her husband will hug both their sons "and tell them we're proud of them and their team."

THE ASSOCIATED PRESS



Jack and Jackie Harbaugh kiss at a news conference on Wednesday. THE ASSOCIATED PRESS

Lewis says he 'never, ever' used deer-antler spray

Super Bowl lead up. Ravens linebacker was linked in report to company making PEDs

Smiling, even laughing at questions about a report linking him to a company that purports to make performance enhancers, Baltimore Ravens linebacker Ray Lewis said Wednesday he "never, ever took" the stuff.

Lewis described himself as "agitated," not angry that the story has become part of the Super Bowl-week prelude to Baltimore's game against the San Francisco 49ers on Sunday.

He added that he's certain his teammates won't be distracted by the report in Sports Illustrated (SI). The magazine said Lewis sought help from a company that says its deer-antler spray and pills contain a banned product connected to human growth hormone. The 37-year-old Lewis is the leading

tackler in the NFL post-season since returning from a torn right triceps that sidelined him for 10 games.

In a private conversation with Ravens head coach John Harbaugh, and later in the public setting of a news conference, Lewis distanced himself from Sports With Alternatives To Steroids. SI reported that company-owner Mitch Ross recorded a call with Lewis hours after the player hurt his arm in an October game against Dallas. According to the report, Lewis asked Ross to send him deer-antler spray and pills, along with other items made by the company.

"It's so funny of a story because I never, ever took what he says or whatever I was supposed to do. And it's just sad once again that someone can have this much attention on a stage this big, where the dreams are really real," Lewis said Wednesday. "I don't need it. My teammates don't need it. The 49ers don't need it. Nobody needs it." THE ASSOCIATED PRESS



Baltimore Ravens linebacker Ray Lewis speaks during a Super Bowl news conference on Wednesday in New Orleans. Lewis denied a report linking him to a company that purports to make performance enhancers. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Putting waste in the wrong place?



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PUT WASTE IN ITS PLACE





Horoscopes

Aries

March 21 - April 20

Partnership issues will be a bit messy today and they will stay messy until someone makes a decision to sort things out. You know what is coming: That person will have to be you. You're the only one with any drive.

Taurus

April 21 - May 21

Cosmic activity at the midheaven angle of your chart means you have the power to make things happen, but it also means you will have to overcome opposition from rivals. Be brave and take the fight to them.

Gemini

May 22 - June 21

With the Sun now moving through the most adventurous area of your chart, there is no way you will stay in one place for any length of time. Go where your instincts take you and don't worry that others might not approve.

Cancer

June 22 - July 23

You will find yourself drawn to someone who is new to your social scene and you will quickly form a bond that cannot be broken. But don't neglect existing relationships — friends and family are relying on you.

Leo

July 24 - Aug. 23

A confrontation of some sort is likely today but that's good because you need to clear the air. Most of all, you need to let certain people know that you are not the sort who can be bad-mouthed without fighting back.

Virgo

Aug. 24 - Sept. 23

The planets warn if you don't treat what you are working on with more respect you will make a poor job of it, which in turn will reflect badly on you. All tasks are important, even the small ones.

Libra

Sept. 24 - Oct. 23

There is no point in trying to hide your feelings because your face will betray you. If there is something you feel strongly about, come right out with it and let everyone know why you are suddenly so emotional. It will do you some good.

Scorpio

Oct. 24 - Nov. 22

What goes around comes around and what you have to put up with today is most likely payback for something you said or did in the past. It's not some kind of cosmic punishment, it's just the way things work.

Sagittarius

Nov. 23 - Dec. 21

You will rush here, there and everywhere today, and most likely get nowhere fast. The planets are trying to tell you that if you slow down a bit, you will accomplish more in the long-term. Try listening.

Capricorn

Dec. 22 - Jan. 20

Make it your aim today, and over the remainder of the week, to improve your professional and financial relationships. Show others you care about them as people and they'll show you what they can do for you.

Aquarius

Jan. 21 - Feb. 19

The old always gives way to the new, so there really is no point holding on to what even you can now see is past its sell-by date. Take a few risks and move with the times. What have you got to lose?

Pisces

Feb. 20 - March 20

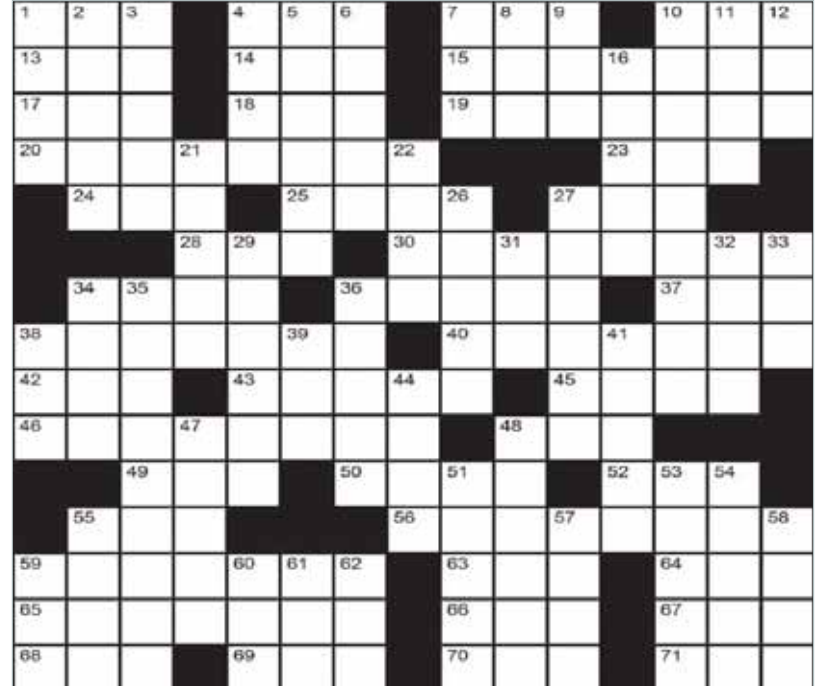
The more open and outgoing you are now, the more you will achieve a few weeks hence when the Sun begins its transit of your birth sign. What good is life if it is not an adventure? Time to explore!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Liq. measures
- Astronaut's home-away-from-Earth, for short
- River of Scotland
- Java holder
- Movie star, Aishwarya ___
- River of Hiroshima
- Get
- Computer co.
- Scand. land
- "The Honeymooners" role, Ralph ___
- Saskatchewan city: 2 wds.
- 'Can' completer
- Que. neighbour
- Tree log bump
- Garlic: French
- Bear: Spanish
- Search info on the Web: 2 wds.
- Truant from the trenches, tiny-ly
- Basketball great Mr. Thomas
- Mai ___ (Cocktail)
- Foretell
- CBC's "___ Den"
- Early hrs.
- Unrefined
- NBA's Phoenix ___
- The ___ Mountains, New York
- Transport for T.O. commuters
- Everest, et al.
- River of Asia
- Acting prompt
- Fair-hiring letters
- "Four ___ Canada" on Slice
- Residential area way off from the city
- US gov. radio service
- Movie special effects, commonly
- Mr. Bisson, star of CBC's "Murdoch Mysteries"
- Composer Mr. Berlin, for short
- Crop
- CPR giver, often
- "Um, like... what?"
- Compass dir.
- NnnNN



Down

- ___ and proper
- Verbotten
- ___ Fraser University
- Ms. Skye of "Say Anything..." (1989)
- Canadian skating great Elvis
- Plastic wrap
- Noah's ___
- "___ darn tootin'!"
- Elvis record label
- Duchess Kate's maiden name
- Iris spot
- ___Xer
- Web letter
- Didn't sit
- Happy tail moves
- Performance enhancers, slang-style
- Shocked
- Oil-messes-on-water
- Paddle
- Author Mr. Fleming's
- Not 'twas
- Weapons: Latin
- Posh area of Montreal
- Rome's home
- Classic video game, ___-Man
- Dernier ___ (The latest fashion)
- Italian luxury label since 1921
- Shredded cabbage
- Shock jock Howard
- Henry VIII, and kin
- Some jeans
- '60s series, "The Man from ___"
- Prod: 2 wds.
- Test
- Funnyman Mr. Foley
- Daintily drinks
- Logo of CBS
- Tende
- Hosp. area
- Egyptian Myth: Beatified spirit

Yesterday's Crossword

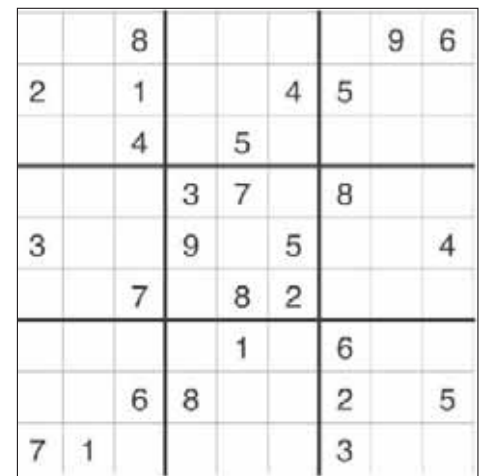


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

10°/-7°
Rain
90%

Friday

-1°/-10°
Partly sunny

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